



Fall & Winter Activity Coordinators

Elizabeth Drew, Lisa Ehmann
and Karen Terlinski

Supporters

- Ritchie Bros.
- Birds Hill Brows+
- The Hair Co N.K.
- Boston Pizza – Regent Ave
- Sunbelt Rentals
- A Taste of France
- Manitoba Cycling Association
- Dave's Quick Print
- R.M. of East St Paul
- Pine Ridge Hollow
- Sobeys-East St Paul
- Mountain Bean
- Water, Steel & Air Salon
- Dairy Queen- East St Paul
- HayMad & Co.
- Utoffeea
- Harmony Chiropractic
- Paradise Spa & Coffee
- Cool Encounters
- Charito Bakery
- Pasquales Restaurant
- Fit Club
- Dewitts Bloomin Works
- Nicole Hacault - Your Winnipeg Realtor



Cycling with Sarah

✉ cyclingwithsarah@gmail.com

Ace Burpee's Top 100

Sarah Gravelle-MacKenzie has been named one of Ace Burpee's Top 100 Most Fascinating Manitobans of 2024.



About Liv

Liv is the only bicycle brand that is fully dedicated to women. Founded in 2008 by Bonnie Tu, chairperson at Giant Group, Liv develops innovative bikes and accessories to help women cyclists to perform and be at their best, no matter where they are in their journey. With a team of independent retailers, athletes and ambassadors hosting events across the country, Liv invests resources to build community and to be the go-to for women for all things cycling related.



Liv

Scan the QR code to learn more and get started with cycling.

www.liv-cycling.com/ca

Cycling
With Sarah



MANITOBA'S FIRST SENIOR WOMEN'S CYCLING CLUB



Our mission is...

To support and encourage 55+ women to discover or re-discover the joy of cycling.

To create a welcoming community of like-minded senior women.

To remain active and strong year-round, as we continue to age.

To help promote Liv's mission to get more women on bikes.

To promote that cycling is for life.



Sarah Gravelle-MacKenzie
Founder
Liv Ambassador



Rose McDonald
Co-Founder
Liv Ambassador

*Cycling
With Sarah*

“Living well after 55, 65, 75 or beyond is about seeking joy, forging meaningful connections, and unleashing your potential.

You don’t stop having fun when you get old. You get old when you stop having fun.”

Cycling with Sarah Ambassadors



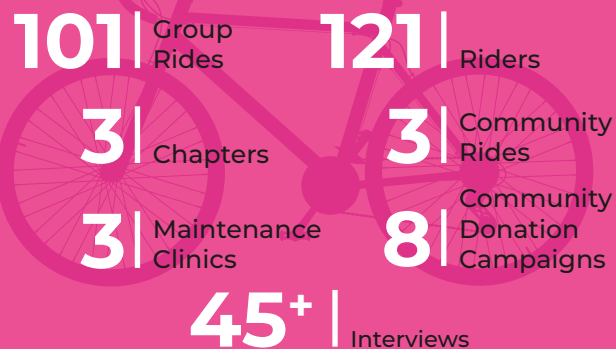
Kelly Reilly, Elizabeth Drew,
Michelle Kulchycki, & Kelly Wilson



A bit of history...

Cycling with Sarah was launched on May 10th, 2023, at Bikes & Beyond.

Our numbers to date:



TOO MANY CROISSANTS TO COUNT!

What to expect on a ride:

The rides are at a social pace to build women’s confidence and get them back to the simple joy of riding a bike. Cycling with Sarah not only helps senior women become more active physically, but also supports their mental, emotional and social well-being.

Our number one priority is to stay safe and have FUN!

